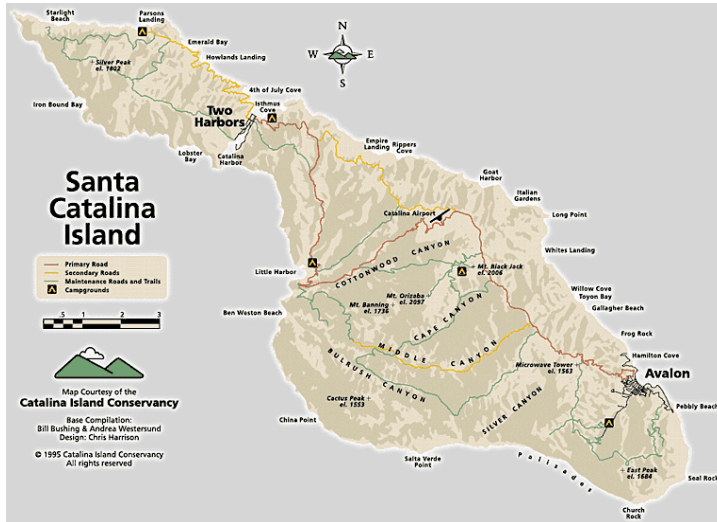


Virtual Swim to/around Catalina Island, CA



Though sunny Southern California is known for its mild weather, the Pacific Ocean can turn swimmers blue. Winter 2004 water temp reports from Catalina are currently a reasonable 66 degrees. However, you can stay warm and avoid sharks by visiting the island through this virtual swim in your own pool.

Option A: From Long Beach, CA to Catalina Island 22 miles

Option B: Around Catalina Island 54 miles

Option A: Dive in at Long Beach harbor, home of the RMS Queen Mary, famed luxury liner of the 30's. As you envision voyages made by this grand dame of the sea, swim towards the island formerly owned by William Wrigley, Jr. The chewing gum magnate built a spring training center in 1921 on Catalina to get the Chicago Cubs in shape for the season, but they could have taken to the ocean on one of this 22-mile swim for a real workout.



Option B: As you make your way around Catalina Island, make sure to visit some of its famous sites. Stop by Avalon Bay and check out the art deco Casino Building, host to legendary musicians such as Glen Miller. While there, take a dip in Southern California's first underwater park, Casino Point Marine Park, where you'll see giant kelp forests and shipwrecks. When passing Empire Landing forage for signs of the island's first Indian inhabitants – a temple to the sun god Chiningchinich. Prefer pirates? Some of the fiercest can be found aboard modern ships at Two Harbors' yearly Buccaneer Days celebration each fall.

Need a rest? Stay at the Zane Grey Pueblo Hotel, former home of the author whose novel "The Vanishing America" was made into a film on Catalina. The film crew brought fourteen buffalo on the island and left them. Keep an eye out for the current 200 inhabiting Catalina. Visit www.visitcatalina.com for more information on visiting the island.

Progress Chart: Virtual Swim Title

Keep track of your mileage using the “Virtual Swim Consolidated Entry Form,” or use the Progress Chart for this swim below.

Day	1	2	3	4	5	6	7	Total Distance
Distance								
Day	8	9	10	11	12	13	14	Total Distance
Distance								
Day	15	16	17	18	19	20	21	Total Distance
Distance								
Day	22	23	24	25	26	27	28	Total Distance
Distance								
Option A: (Long Beach to Catalina Island) 22 miles					Option B: (Around Catalina Island) 54 miles			

For each segment you swim, fill in one section on the progress chart, and record the date. All of your swimming mileage counts toward your goal. A mile is equivalent to 1760 yards (approximately 70 lengths of a 25 yard pool), or 1600 meters (64 lengths of a 25 meter pool, or 32 lengths of a 50 meter pool).

Please use the “Virtual Swim Consolidated Entry Form” to send in your results. Enjoy your virtual Catalina swim!



The Virtual Catalina Island Swim was compiled by SPMA’s Bekah Wright for the USMS Fitness Committee.